

January
2026



READY,
SET ...
GOALS!

Minnie Hughes Elementary School

Counselor
Newsletter

Goal Setting: A Fresh Start

A new year is a great time to introduce kids to the idea of setting goals. Goals help children learn responsibility, perseverance, and pride in their progress. Keep it simple—encourage a goal like reading for 10 minutes a night or helping with a family chore. Celebrate small successes along the way to keep motivation high. When children learn how to set and achieve goals, they build confidence that carries over into school and life.

In the Counseling Office

This month our classroom lessons will focus on:

- Goal Setting
- Gratitude

At Home Activity Ideas

- Goal of the Week
- Daily Check-In Talks
- Reflection Questions
(What was easy today? or
What was tricky today?)
- Setting a Family Goal
(Health, Reading, Chores)

A goal without a
plan is just a wish.

~Antoine de Saint-
Exupéry

Upcoming Events

| | |
|------|--------------------------------------|
| 1/6 | 3 rd Quarter Begins |
| 1/14 | Math on Moms |
| 1/19 | NO SCHOOL |
| 1/28 | Men Being Active (Father's Event) |
| 1/31 | Parent Expo |

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